



COURSE OVERVIEW

Self Awareness

- ✓ Available in workbook
- ✓ Available in eLearning

ITEM # W 137



COURSE DESCRIPTION

The objective of this course is to present to teens a different way of thinking, allowing them to reach their true potential by overcoming erroneous subconscious beliefs about themselves.

This cognitive restructuring course focuses on bright possibilities. It can help teens discover avenues of positive thinking of which they may have been unaware. It speaks to them in a different language, one they can use for a lifetime. It helps them empower themselves and become productive citizens. If students never change their thinking, they can never change their behavior.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Self-awareness
- Empathy
- Positive relationship building
- Decision-making skills



RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction



CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Antisocial personalities
4. Family relationships



COURSE INFORMATION

Course Format: eLearning and Printed Workbook

eLearning Length: 650 Slides

Scientific Model: Cognitive Restructuring

Author and Publisher: ACCI Lifeskills

Item Number: W 137

Workbook Pages: 48

Course Length: ~8 hours



COURSE CONTENT

UNIT 1: BRIGHT POSSIBILITIES

There are no dead-ends, just opportunities.

UNIT 2: THOUGHTS = CONSEQUENCES

Change your thoughts, change your life.

UNIT 3: GROWTH VS DECAY

It is your choice!

UNIT 4: FINDING SUCCESS

Success comes when we think more of others.

UNIT 5: AVOIDING ANGER

Anger is a secondary emotion that can be controlled.

UNIT 6: SKILLS FOR LIFE

Social skills can raise you up or put you down.

UNIT 7: MANAGING LIFE

Be grateful for what you have and quit complaining.



PURCHASE OPTIONS

1. License to reprint
2. Individual courses
3. Customized eLearning platform
4. Parent enrollment
5. School referral



LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling